

**Tindora Cashew Nut Sabzi/Thondekai Palya/ Manoli Palya/  
Recipe**

**Ingredients**

- 15 tindora / thondekai slit lengthwise
- 10-15 cashews
- ½ tsp turmeric powder
- 1 tbsp jaggery
- Salt to taste

For Masala:

- 1 cup grated coconut
- 1 tsp mustard seeds
- 4 dried red chilli

For Tempering:

- 1 tsp mustard seeds
- 1 tsp channa dal
- 1 tsp urad dal
- 10 curry leaves optional
- Pinch hing / asafoetida



**Preparation**

1. Cut the thondekai / tindora into thin long slices.
2. Heat the oil in a big pan, add mustard seeds and let it splutter. Now add urad dal, channa daal, hing and fry.
3. Now add the cashew nuts and fry, reduce the flame.
4. Now add sliced tindora and stir once.
5. Add jaggery and salt to taste.
6. Add turmeric and ½ cup of water and mix everything well. Now cover and cook in low flame for 15 to 20 minutes.
7. In a blender, grind coconut, red chillies along with 1 tsp of mustard seeds. Do not add any water, the masala should be dry.
8. When the tindora / manoli are well cooked, add the ground masala and mix well.
9. Stir for some time and turn off the flame and serve hot with rice.